



Success Story

B.B. Group Health Insurance maintenance technician, receiving assistance through Texas Department of Assistive and Rehabilitative Services (DARS) regains strength and endurance.

“The most beneficial part of the PRIDE rehabilitation plan for me was the exercise program that gave me the strength and support I needed”

B.B.



PATIENT: BB, a 40-year-old maintenance technician referred from Sulphur Springs, TX, sustained a work-related injury resulting in neck pain, radiating to the right hand with headaches, and right shoulder/elbow pain, which prevented him from being able to work. His employer disputed his injury claim, and workers' compensation (WC) payments were denied. Desperate for income and needing to return to work, BB had to use his Group Health insurance to receive care for his injury.



PRIOR TREATMENT: Throughout his prior treatment, BB had severe pain (7 on a 10 point pain scale) and was lifting only 15–35% of his job requirements, well below the *Very Heavy* Physical Demand Level (PDL) required of his full-duty job.



GOAL: The primary goals for BB were to reduce pain, build strength, and receive the needed support and education to help him recover from his injury and return to work.



PRIDE TREATMENT PLAN: BB participated in a *Functional Restoration* program and completed in early 2011. BB worked extremely hard and was receptive to direction from his PRIDE treatment team. He rapidly increased his tolerance for heavy weights particularly for his upper body strength. Working with our medical team and counselors, by the end of the treatment he was able to completely discontinue his narcotic medication.



RESULTS: Following completion of the PRIDE program, BB was able to return to full-duty work with his original employer. BB was delighted to report, in our ongoing follow up, that he has been able to maintain his strength and endurance without pain, and feels as if he is back to his normal self.

PRIDE Program Goals:

- Returns patients to full work functionality
- Eliminates patient dependence on medication.
- Ends a cycle of pain and no progress
- Saves cost & time

To learn more about PRIDE and its successful outcomes and case studies contact:

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